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PROVINCIAL SECRETARY'S OFFICE,
VICTORIA, B. C., September 10th, 1891.

The following is published for general information.

A. CAMPBELL REDDIE,
Deputy Provincial Secretary.

BOARD OF HEALTH OF THE PROVINCE OF QUEBEC.

To the Mayor and Municipal Councillors:

As Cholera has been, since a few days, more and more imminent, and may break out at any moment in our midst, it becomes a pressing duty to protect ourselves and to take, in each municipality, those measures which will prevent its spreading in the Province with its usual devastation.

The present Circular will indicate to your Municipal Council and its local Board of Health, what preventive measures must immediately be taken to protect your fellow-citizens from the dreaded disease. The law gives you all necessary powers to insure the sufficient protection of your municipality, and it is your duty to use them in the interest of the whole community.

PRELIMINARY PRECAUTIONS AGAINST CHOLERA.

1. Have your Board of Health in readiness to enforce the execution of our by-laws; appoint a reliable Health Officer—preferably a physician, if there is one residing within the municipality—and let him and the Local Board exercise strict surveillance over the whole municipality, so as to be able to act at the first occurrence of the disease. In thus organizing your defence in advance, you will not be embarrassed in a case of emergency.

Your local Board must meet, at least, once a week, and even more frequently, if necessary, to study the sanitary condition of your municipality, and see to the execution of the measures hereafter described.

2. Have the water examined, and see that every family be supplied with pure unpolluted water; remedy too all possible cause of pollution, this being of especially great importance when Cholera is about. Cause all suspicious wells to be emptied, cleansed and disinfected with lime, and order the filling up of all wells in too close proximity to stables or privy-pits. If water works exist in your municipality, see that all those who cannot pay for their water be supplied at the expense of the municipal corporation, at all events during the prevalence of Cholera, so that each family will have pure water.

3. Have an inspection made of all dwellings, cellars, dependencies, yards, alleys, stables, and other buildings, drains, sewers, gutters, sinks, and privy-pits, in short, of any place or thing which may, by its unsanitary condition or faulty construction, become injurious to health. These places must immediately be rendered healthy, so that all what is liable to become breeding places for Cholera germs may disappear.

Consequently, you must ascertain that all cellars, yards, alleys, stables and other dependencies be thoroughly cleansed and kept clean, that filth of any kind be burnt or removed and buried. Every day, kitchen and other refuse must be likewise burnt, or collected in a box to be removed, and its contents buried, in order that no decomposing matter may remain near dwellings.

Order all manure to be removed from the vicinity of the house, all drains and sewers to be put into perfect condition and privy-pits to be emptied and disinfected.

Stagnant pools of water and street ditches containing liquids in putrefaction or sewage must receive your careful attention. If impossible to fill up, the pools must be rendered as healthy as possible by drainage or disinfection. Street ditches must be cleansed, especially in towns and villages, and the draining into them of slops, urine, and particularly the contents of privies, must be stopped.

4. Have an inspection made of all markets, factories, and cemeteries in your municipality.

Ascertain, every day, through your inspector, that no animal or vegetable refuse remains inside or outside markets. Order any such refuse to be burnt or buried. Have the meats, vegetables, and fruits offered for sale examined, and, if found to be unsound and dangerous, have them confiscated and destroyed.

Enforce the observance of the sanitary requirements of the laws respecting factories and workshops. No dirt or refuse must be tolerated inside or outside the buildings; the privies must be kept in a perfect condition; there should be no overcrowding and no accumulation of manufactured goods, in order that occupants may have all available breathing air.

See that cemeteries be in such a condition as will prevent their becoming a source of infection to the neighbourhood, and, above all, let them not contaminate, by their drainage, any well or other source of drinking water.

5. In order that all these preventive measures, although preliminary, yet so important, be conscientiously and effectually executed, it is necessary for your Health Officer to personally visit each house and working establishment, and give the instructions needed in each place for the guidance of those living or working there, so that, knowing what is expected of them, they may act accordingly. Give your careful attention to every thing, and suffer no negligence from any one in the performance of their duties.

PRECAUTIONS TO BE TAKEN WHEN CHOLERA HAS MADE ITS APPEARANCE.

1. Institute an active surveillance so as to be able to discover and control any doubtful or genuine case of Cholera. Bring before the Courts of Justice those neglecting to give you the notification required by law.

2. Notify this Board immediately, by telegram, if possible, should any case occur in your municipality.

3. Placard immediately infected premises.

4. See that, whenever it is possible, Cholera patients be immediately removed to the isolation hospital, if there is one. It would be most desirable for your municipality to have a special building, shed, or tent (barns have sometimes been used with advantage) for the isolation of the sick. The number of infected places in the locality can then be greatly reduced.

5. Superintend the immediate quarantine of the house and inmates and the lot upon which it is situated. Place a guardian near the house to do the outside service, and see that quarantine be continued until ten complete days after the disinfection of the premises.

6. Provide an ambulance or carriage for the exclusive conveyance of infected patients to the isolation hospital, as also hearses or carriages to be used only for the transportation of corpses. These carriages shall be disinfected after each use.

7. Superintend personally, or through your Health Officer or other qualified person specially appointed for the purpose, the disinfection of infected houses and contents, their dependencies, stables (evacuations may have been thrown there), ambulances or carriages. Such disinfections are to be made according to the methods described in the by-laws of our Board.

8. Provide suitable shelter for families who have to leave their houses during the disinfection.

9. Superintend the removal and interment of infected corpses and allow no one to attend the funeral except the clergyman, a member of the family, the person removing the body, and the gravedigger.

10. Discourage public meetings and assemblies and generally any large congregation of individuals.

For any information you may require, apply to the Board of Health of the Province, No. 76 St. Gabriel Street, Montreal.

Such are briefly the preventive measures which you must take in the interest of all those entrusted to your care, and to whom you are in law bound to give all possible protection. There is no difficulty whatever to be met with in carrying out the above prescribed measures which it is your duty to execute. You have only to *set to work firmly* and at once, being convinced that the means offered to you are the only ones by which you can prevent and fight Cholera, and that there is not a moment to be lost if you desire to protect your municipality promptly and efficiently.

Therefore, the Board of Health of the Province hopes that, under the circumstances, you will do your duty with courage and resolution, and that nothing will be neglected by you to help in averting the threatened danger and keeping back the common foe, if possible, or in fighting with energy against it if it comes amongst us. Every family in your municipality relies upon your zeal and activity for its protection, and it is your duty to act so as to impress upon the mind of the whole community that confidence and security which is so useful and necessary during an epidemic.

We have the honour to be

Your obedient servants,

E. P. LACHAPPELLE,
President.

ELZEAR PELLETIER,
Secretary.

Montreal, September 1st, 1892.

WHAT IS TO BE DONE WHEN CHOLERA IS IMMINENT.

(INSTRUCTIONS TO FAMILIES.)

Precautions against Cholera.

Avoid hardships and exhaustion.

Avoid excesses in every form, and be particularly moderate in drinking and eating.

Avoid unripe or unsound fruits; beverages of inferior quality; uncooked or underdone food, especially vegetables.

Avoid dampness and chills, iced food and drinks.

Avoid uselessly attending public assemblies.

See that your drinking water be pure. Boil it, if you doubt its purity; this should always be done with well-water. It is well also to always boil the milk especially as it is often adulterated with water.

Have your food always of good quality, sound and well cooked.

Pay a great attention to personal cleanliness and also to that of your clothing.

Your house, from cellar to garret, must be kept scrupulously clean, especially the cellar, which is most generally neglected. Give free entrance to air, light, and sun, for they are the best means of making a house healthy.

Be particular that the soil around your house is not contaminated by stagnant pools of water or animal and vegetable refuse. Remove from the vicinity of your house all rubbish in state of decomposition. Burn all filth and refuse, or have them removed and buried.

Empty, clean and disinfect all what may be soiled in your house or in its vicinity: cess-pools, privy pits, water-closets, sinks, drains, gutters, manure boxes, stables, and other dependencies. An excellent practice would be to lime-wash the walls and ceilings of the cellars, stables, and other dependencies.

Have all defective drains renewed or repaired.

All the preventive measures against Cholera are outlined in the following axiom: *Live healthily in a healthy home.*

The symptoms of Cholera are diarrhoea, the discharges successively showing the rice water characteristics, vomiting, cramps, exhaustion and fall of the temperature (algid stage.)

How to oppose Cholera.

When a case of Cholera declares itself in your household notify immediately the Health Officer or the Secretary-Treasurer of your municipality.

If there is, in the municipality, an isolation hospital, house or tent, it is most advisable to remove the patient to it. The quarantine of your house is thus shortened as also the exposure of your family, the disinfection of the house being then made immediately after the removal of the patient.

If the patient is not removed to the isolation hospital, house or tent, have your house placarded, and isolate immediately the patient with his nurse in a separate room, from which curtains, carpets and needless furniture have been removed and into which the physician and clergyman only shall be admitted.

All other members of the household must remain quarantined on the premises until disinfection is made, that is to say: shall not leave the lot upon which the house is situated or put themselves in communication with people outside, except with the guardian in attendance at the door, who will do the outside service for the inmates.

Doubtful cases of Cholera should be treated as genuine cases.

When Cholera is about, looseness of the bowels should never be overlooked, as diarrhoea either predisposes individuals to Cholera or is the first symptom of Cholera itself. Thus, especially if there are cases of Cholera in the vicinity, the slightest attack of diarrhoea must be attended to at once.

Disinfection.

The principal disinfectants are the following:—

1. Fire.
2. Steam.
3. Boiling water.
4. Bichloride of mercury: two drachms in a gallon of water.
5. Carbolic acid: 4 ounces in a gallon of water.
6. Milk of lime, which is prepared as follows:

Sprinkle gradually quick lime of good quality with one-half its weight of water; dilute the powder so obtained with twice its volume of water. Keep in a carefully closed vessel.

7. Chloride of lime in powder or in solution—six ounces in a gallon of water.
8. Sulphurous acid, by burning 3 pounds of sulphur for each 1,000 cubic feet of space.

The above disinfectants *only* are recommended by the Board of Health of the Province, and it is in your interest not to put too much confidence in the so called disinfectants of the trade, most of them being merely deodorizers.

Disinfectants No. 2 and No. 8 are used only in the general disinfection of the house and its contents, which disinfection must always be made under the supervision of the local Board of Health of the municipality.

Is considered *infected* by Cholera: whatever has been soiled by the stools, the vomit or urine of choleric patient, whatever has remained in the patient's room or has been in contact with his clothing or anything that has been used by him.

METHODS OF DISINFECTION.

Disinfect immediately everything coming out from the patient's room.

Crockery and utensils must be washed in boiling water. Remains of food, together with rags or linen, if of little value, which have been used by the patient, must be burned.

Underclothing, sheets, towels, soiled or not by the evacuations, must, in the room, be put into a tub containing solution No. 4 or No. 5, to steep therein for 4 hours, and then be washed in boiling water.

The evacuations of the patient (vomits, stools, and urine) must be received in a vessel one-third full of one of the solutions No. 4, No. 5, or No. 6, and immediately thrown into the water-closets or privies. It is most important that those evacuations be disinfected, for they, more than anything else, contain the Cholera poison. As long as the disease exists, water closets and privy-pits must be daily disinfected with solution No. 4, No. 5, or No. 6.

To disinfect themselves, persons must wash the whole of their bodies with a solution of carbolic acid: two ounces in a gallon of water. The nurse shall often wash his hands with the same solution, particularly before eating, and frequently rinse his mouth with a solution of carbolic acid: one ounce in a gallon of water.

To purify any place, that has been soiled by filth or refuse, etc., sprinkle with solution No. 4, No. 5, or No. 6.

The body of a person who has died from Cholera must be wrapped in a sheet saturated with solution No. 4 or No. 5, and put in a coffin with 2 pounds of chloride of lime. The body must remain completely isolated in the room and be interred within 24 hours after death.

No one is allowed to attend the funeral or burial except the clergyman, one member of the family, the person removing the body to the cemetery, and the gravedigger.

Every vehicle used in transporting such body together with the outside garments of the persons who have dressed or buried it, must be immediately disinfected under the direction of the local Board of Health.

After the death or recovery of the patient, your house, all the inmates and effects contained therein must be disinfected under the direction of the local Board of Health and according to the regulations of the Board of Health of the Province.

The quarantine of your house shall not be raised until 10 complete days after its disinfection.

For other information which you may need, apply to the Health Officer or Secretary-Treasurer of your municipality.

Make it your special duty, in your interest as well as in the interest of the whole community, to strictly follow the instructions which are given out to you, and to help, by your co-operation, the work of the sanitary authorities.

VICTORIA, B. C.:

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